



**Joslyn Adult Center - 1301 West Olive Avenue, Burbank - 818.238.5353**  
 Monday-Friday, 8:00 a.m.-8:00 p.m.; Saturday 9:00 a.m.-4:00 p.m.; and Sunday 10:00 a.m.-4:00 p.m.

**Join Us!**

## Joslyn Weekly Activities - Daily

### SUNDAY

|                         |       |      |   |
|-------------------------|-------|------|---|
| Table Tennis            | 11:00 | a.m. |   |
| Matinee Dance (with DJ) | 12:30 | p.m. | + |

### MONDAY

|                                               |             |      |   |
|-----------------------------------------------|-------------|------|---|
| Fitness Class - Kundalini Yoga                | 8:30        | a.m. |   |
| Computer Class Assessments (9:30 -11:00 a.m.) | 9:30        | a.m. |   |
| Oasis Walkers                                 | 9:30        | a.m. |   |
| Mindfulness Meditation                        | 11:30       | a.m. |   |
| Painting Group                                | 2:00        | p.m. |   |
| Memoir Writing (Sep-June)                     | 1:00        | p.m. | ☑ |
| Chess                                         | 1:00        | p.m. |   |
| T'ai Chi: Intermediate / Beginner             | 1:00 / 2:00 | p.m. | + |
| T'ai Chi: Fan / Long Form +                   | 3:00 / 3:30 | p.m. | + |
| Rejuvenating Rhythms Drum Circle              | 4:00        | p.m. |   |

### TUESDAY

|                                             |       |      |   |
|---------------------------------------------|-------|------|---|
| Mindfulness Meditation                      | 8:30  | a.m. |   |
| Resistance Training                         | 8:30  | a.m. |   |
| Braille Community Center Program (Sep-July) | 9:00  | a.m. | ☑ |
| K1, C1 Knitting Group                       | 9:30  | a.m. |   |
| Ballroom Dancing (recorded music)           | 9:45  | a.m. |   |
| Belly & Mediterranean Folk Dancing          | 9:45  | a.m. |   |
| Mah Jongg Play - all levels                 | 12:00 | noon |   |
| You Are Not Alone - Support Group           | 12:00 | noon |   |
| Karaoke                                     | 12:00 | noon |   |
| Bunko                                       | 1:00  | p.m. |   |
| Rummy Tile                                  | 1:00  | p.m. |   |
| Chair Yoga Tonic (through Sept)             | 2:30  | p.m. |   |
| Senior Support Group                        | 3:00  | p.m. | ☑ |
| Learn 'N Line Dance - Beginners             | 6:15  | p.m. | + |

### WEDNESDAY

|                                       |       |      |    |
|---------------------------------------|-------|------|----|
| Texas Hold-em                         | 8:15  | a.m. |    |
| Fitness Class - Beginners             | 8:30  | a.m. |    |
| Sing-a-Long (Nutrition)               | 10:00 | a.m. |    |
| Auld Lang Syne Bridge                 | 11:30 | a.m. | ☑+ |
| Wii Wednesdays - Virtual Bowling      | 12:30 | p.m. |    |
| Ukulele Class                         | 3:00  | p.m. |    |
| Square Dance Class-Beg, B&B (Sep-Jun) | 6:45  | p.m. | +  |

☑ Sign-up/appointment required; \* \$2.00 suggested donation;  
 + Session fee is higher then regular \$2.00 fee (discount with BSAC).

### THURSDAY

|                                               |            |      |    |
|-----------------------------------------------|------------|------|----|
| Texas Hold-em                                 | 8:15       | a.m. |    |
| Mindfulness Meditation                        | 8:30       | a.m. |    |
| Senior Ballet Workout                         | 9:00       | a.m. |    |
| Bridge Class - 12 weeks (call for start date) | 9:00       | a.m. | ☑+ |
| iPad Class Assessments (9:30-11:00 a.m.)      | 9:30       | a.m. |    |
| Crochet/Knitting Class/Group                  | 9:30       | a.m. |    |
| Hula - Beginners/ Advanced                    | 9:45/10:30 | a.m. |    |
| Arthritis Exercise Class                      | 11:30      | a.m. |    |
| Mah Jongg - advanced play                     | 12:00      | noon | ☑  |
| Pan                                           | 12:15      | p.m. | ☑  |
| Health with Harry - Fitness                   | 1:00       | p.m. |    |
| Rummy Tile                                    | 1:00       | p.m. |    |
| Bingo for a Buck                              | 1:00       | p.m. | +  |
| Chess                                         | 1:00       | p.m. |    |
| Cribbage                                      | 1:00       | p.m. |    |
| Chair Fitness with Kaye                       | 2:30       | p.m. |    |
| Horseshoes                                    | 6:30       | p.m. |    |
| Ballroom Dance (live music)                   | 7:00       | p.m. | +  |

### FRIDAY

|                                         |       |      |    |
|-----------------------------------------|-------|------|----|
| Moving and Stepping with Kaye - Fitness | 8:30  | a.m. |    |
| T'ai Chi (outdoors): Intermediate       | 9:30  | a.m. | +  |
| Friday Bridge                           | 11:30 | a.m. | ☑+ |
| RSVP Sewing/Knitting/Crocheting         | 12:30 | p.m. | ☑  |
| T'ai Chi: Beginner                      | 3:30  | p.m. | +  |
| Ballroom Dance Class-Beginner           | 6:45  | p.m. |    |

### SATURDAY

|                                   |       |      |   |
|-----------------------------------|-------|------|---|
| Texas Hold-em                     | 9:15  | a.m. |   |
| Line Dancing Class-Ultra Beginner | 9:30  | a.m. | + |
| Quilting Group                    | 9:30  | a.m. |   |
| Line Dancing Class-Beginner Plus  | 10:30 | a.m. | + |
| Table Tennis                      | 11:00 | a.m. |   |
| Balance Class                     | 12:00 | noon |   |
| Zumba Gold                        | 1:30  | p.m. | + |

### DAILY

|                                                                      |            |  |  |
|----------------------------------------------------------------------|------------|--|--|
| Game Room: Drop-in play - Open hours (please note posted exceptions) |            |  |  |
| Open Computer Lab / Pool Rooms                                       | open hours |  |  |

### MONDAY-FRIDAY

|               |       |      |     |
|---------------|-------|------|-----|
| Lunch Program | 11:00 | a.m. | ☑ * |
|---------------|-------|------|-----|



# Joslyn Weekly Activities - Categories

See the *"Best of Times"* and our *Monthly Calendar* for additional programs.

## Arts/Crafts

|                                 |     |       |      |                                     |
|---------------------------------|-----|-------|------|-------------------------------------|
| Crochet/Knitting Class/Group    | Thu | 9:30  | a.m. |                                     |
| K1, C1 Knitting Group           | Tue | 9:30  | a.m. |                                     |
| Painting Group                  | Mon | 2:00  | p.m. |                                     |
| Quilting Group                  | Sat | 9:30  | a.m. |                                     |
| RSVP Sewing/Knitting/Crocheting | Fri | 12:30 | p.m. |                                     |
| Memoir Writing                  | Mon | 1:00  | p.m. | <input checked="" type="checkbox"/> |

## Cards

|                                               |         |       |      |                                       |
|-----------------------------------------------|---------|-------|------|---------------------------------------|
| Auld Lang Syne Bridge                         | Wed     | 11:30 | a.m. | <input checked="" type="checkbox"/> + |
| Bridge Class - 12 weeks (call for start date) | Thu     | 9:00  | a.m. | <input checked="" type="checkbox"/> + |
| Cribbage                                      | Thu     | 1:00  | p.m. |                                       |
| Friday Bridge                                 | Fri     | 11:30 | a.m. | <input checked="" type="checkbox"/> + |
| Pan                                           | Thu     | 12:15 | p.m. | <input checked="" type="checkbox"/>   |
| Texas Hold-em                                 | Wed/Thu | 8:15  | a.m. |                                       |
| Texas Hold-em                                 | Sat     | 9:15  | a.m. |                                       |

## Computers & Technology

|                                            |                      |            |      |                                       |
|--------------------------------------------|----------------------|------------|------|---------------------------------------|
| Computer Class Assessments (9:30-11:00 am) | Mon                  | 9:30       | a.m. |                                       |
| iPad Class Assessments (9:30-11:00 am)     | Thu                  | 9:30       | a.m. |                                       |
| Tech Time Workshop                         | Call for appointment |            |      | <input checked="" type="checkbox"/> + |
| One-on-One Computer Tutoring               | Call for appointment |            |      | <input checked="" type="checkbox"/> + |
| Open Computer Lab                          | Daily                | Open hours |      |                                       |

## Dance

|                                           |     |       |      |   |
|-------------------------------------------|-----|-------|------|---|
| Ballroom Dancing (recorded music)         | Tue | 9:45  | a.m. |   |
| Ballroom Dance Class                      | Fri | 6:45  | p.m. |   |
| Belly & Mediterranean Folk Dancing        | Tue | 9:45  | a.m. |   |
| Hula-Beginners                            | Thu | 9:45  | a.m. |   |
| Hula-Advanced                             | Thu | 10:30 | a.m. |   |
| Line Dancing Class-Ultra Beginner         | Sat | 9:30  | a.m. | + |
| Line Dancing Class-Beginner Plus          | Sat | 10:30 | a.m. | + |
| Learn 'N Line Dance-Intermediate/Beginner | Tue | 6:15  | p.m. | + |
| Matinee Dance (with DJ)                   | Sun | 12:30 | p.m. | + |
| Ballroom Dance (live music)               | Thu | 7:00  | p.m. | + |
| Square Dance Class-Beg, B&B (Sep-Jun)     | Wed | 6:45  | p.m. | + |
| Senior Ballet Workout                     | Thu | 9:00  | a.m. |   |

## Nutrition

|               |     |       |      |                                       |
|---------------|-----|-------|------|---------------------------------------|
| Lunch Program | M-F | 11:00 | a.m. | <input checked="" type="checkbox"/> * |
|---------------|-----|-------|------|---------------------------------------|

## Fitness

☒ Sign-up/appointment required; \* \$2.00 suggested donation; Session fees are \$2.00 (free with BSAC card); higher if noted with "+" (discount with BSAC).

|                                            |      |           |           |   |
|--------------------------------------------|------|-----------|-----------|---|
| Arthritis Exercise Class                   | Thu  | 11:30     | a.m.      |   |
| Balance Class                              | Sat  | 12:00     | noon      |   |
| Chair Fitness with Kaye                    | Thu  | 2:30      | p.m.      |   |
| Chair Yoga Tonic (through Sept)            | Tues | 2:30      | p.m.      |   |
| Fitness Class - Beginner                   | Wed  | 8:30      | a.m.      |   |
| Fitness Class - Kundalini Yoga             | Mon  | 8:30      | a.m.      |   |
| Health with Harry - Fitness                | Thu  | 1:00      | p.m.      |   |
| Mindfulness Meditation                     | see  | front     | page      |   |
| Moving and Stepping with Kaye              | Fri  | 8:30      | a.m.      |   |
| Oasis Walkers                              | Mon  | 9:30      | a.m.      |   |
| Resistance Training                        | Tues | 8:30      | a.m.      |   |
| T'ai Chi: Intermediate / Beginner          | Mon  | 1:00/2:00 | p.m.      | + |
| T'ai Chi: Fan / Long Form +                | Mon  | 3:00/3:30 | p.m.      |   |
| T'ai Chi: Outdoors- Intermediate/ Beginner | Fri  | 9:30/3:30 | a.m./p.m. | + |
| Zumba Gold                                 | Sat  | 1:30      | p.m.      | + |

## Information/Support

|                                            |     |       |      |                                     |
|--------------------------------------------|-----|-------|------|-------------------------------------|
| Braille Community Center Program (Sep-Jul) | Tue | 9:00  | a.m. | <input checked="" type="checkbox"/> |
| You Are Not Alone - Support Group          | Tue | 12:00 | noon |                                     |
| Senior Support Group                       | Tue | 3:00  | p.m. | <input checked="" type="checkbox"/> |

## Music

|                                  |     |       |      |  |
|----------------------------------|-----|-------|------|--|
| Rejuvenating Rhythms Drum Circle | Mon | 4:00  | p.m. |  |
| Karaoke                          | Tue | 12:00 | noon |  |
| Sing-a-Long (Nutrition)          | Wed | 10:00 | a.m. |  |
| Ukulele Class                    | Wed | 3:00  | p.m. |  |

## Recreation/Games

|                                                                      |         |            |      |                                     |
|----------------------------------------------------------------------|---------|------------|------|-------------------------------------|
| Bingo for a Buck                                                     | Thu     | 1:00       | p.m. | +                                   |
| Bunko                                                                | Tue     | 1:00       | p.m. |                                     |
| Chess                                                                | Mon/Thu | 1:00       | p.m. |                                     |
| Game Room: Drop-in play - Open hours (please note posted exceptions) |         |            |      |                                     |
| Horseshoes                                                           | Thu     | 6:30       | p.m. |                                     |
| Mah Jongg Play - all levels                                          | Tue     | 12:00      | noon |                                     |
| Mah Jongg - advanced play                                            | Thu     | 12:00      | noon | <input checked="" type="checkbox"/> |
| Pool Rooms: Drop-in play                                             | Daily   | Open hours |      |                                     |
| Rummy Tile                                                           | Tue/Thu | 1:00       | p.m. |                                     |
| Table Tennis                                                         | Sat/Sun | 11:00      | a.m. |                                     |
| Wii Wednesdays - Virtual Bowling                                     | Wed     | 12:30      | p.m. |                                     |